OWNING A REVOLUTION EGYPT'S CALL AMPLIFIES {page 6}

BOMBSHELL

CATTRALL FLIPS THE HOURGLASS

DISH {page 18}

TORONTO metro®

Monday, January 31, 2011
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News worth sharing.

All-Star. Action

▶ Team Lidstrom goalie Jonas Hiller of the Anaheim Ducks makes a save yesterday against Team Staal during the NHL all-star game at the RBC Center in Raleigh, N.C.

BRUCE BENNETT/GETTY IMAGES

Team Lidstrom beats Team Staal 11-10

With the standout performances being put in by blue-liners, the all-star game lacked a real buzz moment — something that was in larger supply during Friday's draft and Saturday's skills competition. Team Staal forward Patrick Sharp won the MVP award and a new Honda Crosstour EX-L. Story, page 27.

$88-million waterfront arena iced?

Proposal for the all-glass, four-pad arena will likely be shelved ◐ There is $34 million set aside, earmarked in 2002 ◐ Other projects could grab funds

[illegible] four-pad arena on the waterfront will almost certainly be shelved during budget deliberations next month because the city doesn't have the money to pay for it.

It is unclear if any part of the plan can be salvaged — even though there's $34 million set aside for a sports or recreation facility, first earmarked in 2002.

Nearly a decade later, debate is going to begin again on how to spend that money.

"We believe the funding could go for recreational uses in the central waterfront, such as the Martin Goodman Trail," said Michelle Noble, a spokesperson for Waterfront Toronto, but the agency will need to have conversations with the city.

Coun. Paula Fletcher, who represents the area, wants to see something new built. She said if an arena is not viable, the city should consider other recreation centres.

TORSTAR NEWS SERVICE

The drawing board

- The city decided to take the lead on the project in 2008 — but the waterfront design review panel balked at a proposal for a sprawling four-pad arena.
- So it was back to the drawing board for a glittering stacked design that would occupy less land, but cost more.
- The funding was short by at least $30 million, but council in its final meeting of the last term approved the project.

The double life of a Dexter star

◐ Michael C. Hall opens up on keeping cancer a secret {page 16}

Homophobia in the Village?

Police are calling latest attack a hate crime {page 4}

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Robarts Library. Fundraiser

▶ Kim Tran, left, and Carlie Howell sit inside their tent yesterday on the main floor of the University of Toronto's Robarts Library on St. George Street.

JOHN R. KENNEDY/FOR METRO

Students camp out to build more rooms to read

The two are taking part in the weeklong Live-In For Literacy — one of nine on campuses across Canada — to raise funds for the Room To Read charity, which builds educational facilities in developing countries. "I'm slightly nervous about spending long periods of time without sun and sleeping in a public place," says Howell. "But I'm excited to be a little part of the solution." This year's goal is to raise $27,000 for six school libraries in India. Donations can be made in person until Thursday or at liveinforliteracy.com.

Private hall eyed on U of T campus

It won't be exclusively for U of T use and rates per room will be set by building owners: School

U of T won't be taking on debt to build housing for ordinary students anymore.

Instead, the campus is opening its lands to a towering private residence that will mainly house wealthy foreign students who flock to the prestigious school.

"Universities today, the funding situation means that we have to focus all of our resources on our core research, teaching and services for students. Building residences is really not feasible for publicly supported institutions," said Lucy Fromowitz, the University of Toronto's assistant vice-president of student life.

The university has leased a piece of land it owns on College Street, just east of Spadina, to a private developer who purchased the adjacent lot and is proposing to build a luxurious $120-million residence for more than 1,000 students.

It will be one of the first for-profit residences built on university land, although Fromowitz stresses it is not a partnership, at least not in the legal sense. "But we do consider that we're working together to accommodate students' needs," she said.

"Our funding (situation) means that we really have to look for other opportunities."
LUCY FROMOWITZ, U OF T

Fromowitz said the housing will serve international students and, to a lesser extent, graduate and out-of-province students.

"International students will come to U of T because of the status of the university, the research intensity," said Fromowitz. But she said a secondary consideration for foreign students, and their parents, is safety. "We need facilities that are safe and clean and purpose-built so they are filled with students."

It may be all that, but it will also be expensive. David Lehberg, CEO of developer Knightstone Capital Management, said the agreement he has with the university will allow him to charge as much as U of T's most expensive bed.

That price is currently about $15,000 a year for the best room at Chestnut House, a highrise near University and Dundas streets that offers weekly cleaning, a television lounge on the 27th floor, music rooms and a gym.

The city is reviewing the project. **TORSTAR NEWS SERVICE**

City issues another extreme cold alert as chill returns

The City of Toronto has issued another extreme cold weather alert.

The move activates extra support services to help get homeless people indoors.

During this time, street outreach workers try to convince homeless people to go inside and they provide them with transportation to shelters.

100 The city says more than 100 agencies have been advised of the extreme weather and 171 shelter spaces have been added.

An alert is called when Environment Canada predicts a temperature of –15 C or lower without the wind chill or extreme weather conditions, such as a blizzard, ice storm or a sudden drop in temperature. **THE CANADIAN PRESS**

Storm may dump 30 cm of snow

Environment Canada has issued a special weather statement about a major snowstorm expected to hit southern Ontario over the next two days.

Some 20 to 30 centimetres of snow is expected, but some areas could receive more.

The federal agency said periods of light snow are expected to develop over many regions tonight or tomorrow.

Heavy snow will fall over southern Ontario tomorrow night then taper off Wednesday afternoon.
THE CANADIAN PRESS

1 news

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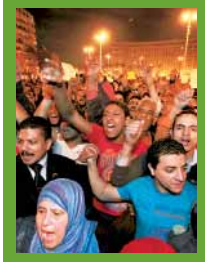

Unrest in Egypt provides a boost for the Toronto Stock Exchange. Video at metronews.ca

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CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ Ryan Lester and his brother were jumped in the Gay Village last Friday. "People have told me things I can't even believe that have happened to them in the village — that I think they just ignore too as, almost, common play," he says.

Attack in Gay Village a hate crime: Police

◐ 'Slushie facial' bullying seen on TV show Glee ◐ Could be 'gateway crime' to more violent attacks, says one victim

Toronto Police are calling a recent late-night assault in the Gay Village a hate crime, stoking concerns the neighbourhood is no longer safe.

Ryan Lester, 30, was kicked in the face and called "faggot" while getting a post-bar snack at Mehran Restaurant on Church Street early Jan. 22. His 24-year-old brother, Ben, suffered deep bruises on his back and had to go to the dentist to repair a broken molar.

The beating comes on the heels of allegations that local students from Jarvis Collegiate have been hurling slushies, ice and homophobic slurs at residents in the Gay Village.

26

Toronto police recorded 174 hate crimes in 2009, the most recent year for which statistics are available. Twenty-six were related to sexual orientation.

While one victim believes the slushie incident was a crime of opportunity, Lester said he used to have a sense of security in the Gay Village, but the recent incidents have him on edge.

"I think all of us (now have) a false sense of security in the village. I thought of it as an inherently safe space. If you have a problem with gay people, you just don't go there," Lester said.

Eoin McManus, 21, and Benjamin McCall, 21, both of Toronto, have each been charged with two counts of assault and one count of mischief after breaking the restaurant's front window.

TORSTAR NEWS SERVICE

DISCIPLINARY HEARING

Pathologist to answer to misconduct charges

A disgraced pathologist blamed for ruining lives by providing misguided expert opinions in court faces a disciplinary hearing this week that could see him stripped of his expired medical licence.

Dr. Charles Smith is slated to appear before the College of Physicians and Surgeons of Ontario tomorrow to answer to charges of professional misconduct.

"Dr. Smith is incompetent, fell below the standard of care and engaged in disgraceful, dishonourable or unprofessional conduct in his practice of pathology and his work providing expert opinion in relation thereto," his notice of hearing states.

Smith's work and expert evidence related to infant and child deaths led to several instances of wrongful prosecutions and convictions of innocent people.

THE CANADIAN PRESS

Hurricane Hazel celebrates 90 years

Mississauga's mayor celebrated her 90th birthday a couple of weeks early.

Hazel McCallion was the guest of honour at a Chinese new year celebration at Square One Mall Saturday. There was no cake, but there was a giant bun — which is a Chinese symbol for longevity — and an opera singer to sing Happy Birthday.

THE CANADIAN PRESS

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Death toll could rise in German train crash

German authorities said yesterday that the death toll could still rise from a head-on collision between a cargo train and a passenger train that killed at least 10 people, injured 23 others and left wreckage scattered across a frost-covered field.

The trains crashed in heavy fog late Saturday on a single-line track near the eastern German village of Hordorf.

THE ASSOCIATED PRESS

CHARTERING FLIGHTS OUT

Feds help Canadians leave Egypt

Canada has put a plan in motion to evacuate its citizens from Egypt as anti-government protests continue to rock the North African country.

Foreign Affairs Minister Lawrence Cannon said charter flights will begin to fly Canadians out of the country as early as today.

He said those who chose to get on those flights will be taken to locations in Europe and will be expected to make their own arrangements for onward travel.

The stranded Canadians will also have to repay the government for the price of the chartered flights.

Cannon said there have been no reports of Canadians injured or killed in the Egyptian demonstrations which are now in their sixth day.

But he said Canada is now recommending that citizens leave Egypt.

There are some 6,500 Canadians in Egypt.

THE CANADIAN PRESS

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Reform called for from inside, outside Egypt

Egyptian grassroots activist demands Mubarak leave U.S. wants to see 'a transition to democracy'

Egypt's most prominent democracy advocate took up a bullhorn yesterday and called for President Hosni Mubarak to resign, speaking to thousands of protesters who defied a curfew for a third night. Fighter jets streaked low overhead and police returned to the capital's streets — high-profile displays of authority over a situation spiraling out of control.

Nobel Peace laureate Mohamed ElBaradei's appearance in Tahrir, or Liberation, Square underscored the jockeying for leadership of the mass protest movement that erupted seemingly out of nowhere in the past week to shake the Arab world's most populous nation.

KHALIL HAMRA/THE ASSOCIATED PRESS

▶ Mohamed ElBaradei speaks to a crowd yesterday in Cairo.

Now in their sixth day, the protests have come to be centred in the square, where demonstrators have camped since Friday. Up to 10,000 protesters gathered there yesterday, and even after the 4 p.m. curfew, they numbered in the thousands, including families with young children, addressing Mubarak with their chants of "Leave, leave, leave."

"You are the owners of this revolution. You are the future," ElBaradei told the crowd after nightfall. "Our essential demand is the departure of the regime and the beginning of a new Egypt in which every Egyptian lives in virtue, freedom and dignity."

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Spring election the right call for Tories?

- Economy uppermost in voters' minds: Pollster
- Voters trust PM more than opposition leaders: Poll

If it's still the economy, stupid, this might be a smart time for Stephen Harper to call a spring election.

Expect ballot-box fever to climb a few degrees today when MPs return to Ottawa from their extended Christmas break. But analysts point out there are only two good reasons to pull the plug before the completion of a government's mandate.

The first is the expectation of a substantial pick-up of seats for the party triggering it, and the second is that things will only get worse by waiting.

With polls showing the first is unlikely for any of the parties, the prime minister has been adamant in saying he does not want a vote — although he has done his best to sow the seeds for one, flooding the airwaves with attack ads and sending out his troops on stump-style announcement stops.

ADRIAN WYLD/THE CANADIAN PRESS

▶ Stephen Harper

But the second condition may persuade Harper that this spring is preferable to the next, particularly as October's mandated provincial election in Ontario likely precludes a fall campaign on the federal side.

Pollster Allan Gregg of Harris-Decima said the economy remains uppermost in voters' minds, and this spring may be the most advantageous time for Harper to campaign on bread-and-butter issues.

THE CANADIAN PRESS

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▶ U.S. Secretary of State Hillary Rodham Clinton.

U.S. won't halt Haiti aid

Many Haitian officials thought U.S. was threatening an embargo and cutting off aid due to crisis over election Three vying for presidency

The United States has no plans to halt aid to earthquake-ravaged Haiti in spite of a crisis over who will be the nation's next leader, but does insist that the president's chosen successor be dropped from the race, U.S. Secretary of State Hillary Rodham Clinton said yesterday.

Clinton arrived yesterday in the impoverished Caribbean nation for a brief visit. She met with President Rene Preval and earlier met with each of the three candidates jockeying to replace him.

Only two candidates can go on to the delayed second round, now scheduled for March 20. The U.S. is backing an Organization of American States recommendation that the candidate from Preval's party, government construction official Jude Celestin, should be left out in favour of populist rival Michel Martelly. THE ASSOCIATED PRESS

B.C. Liberals set to double membership

70K The B.C. Liberal Party membership is expected to at least double to 70,000 members Friday.

Three months ago, the B.C. Liberals were considered a tired government facing certain defeat in the next election.

Fast forward and the party has shed its once mighty leader, Premier Gordon Campbell, and is poised to at least double its membership, the party says.

The level of renewed interest in the B.C. Liberals is expected to be revealed Friday as the six leadership candidates vying to replace Campbell on Feb. 26 meet the deadline to sign up new party members.

"They're strong," is the official Liberal Party comment on the membership sign-ups, said party spokeswoman Lilian Kim. THE CANADIAN PRESS

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NG HAN GUAN/THE ASSOCIATED PRESS

▶ A girl smiles as a train pulls away from the Beijing station in China.

Millions migrate for lunar new year

Emergency planning has improved since a freak storm in 2008 stranded hundreds of thousands

Beijing — more than the population of Brazil — are expected to take part in the world's biggest annual human migration in China. For many, the lunar new year is the only chance they get to visit home all year.

The busiest travel days will be today and tomorrow, as millions take to the roads, boats, planes and trains to join family for the traditional New Year's Eve "reunion meal" Thursday.

Icy roadways have caused the most problems so far for those travelling by car and bus, with traffic backed up in some parts of southern China.

Slippery road conditions were also to blame when a bus plunged into a ravine in northwestern China's Ningxia region, killing 11 and injuring 22, the official Xinhua news agency said.

Deputy Railways Minister Wang Zhiguo said 58.3 million people have taken trains in the first 11 days of the holiday travel season that runs through Feb. 27.

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Canadians confused about TFSA

At least 72,000 Canadians were hit with unexpected tax bills last June after getting notices they had violated a key restriction on TFSA. Account holders can put back amounts they withdraw only in the next year. THE CANADIAN PRESS

Company ordered to pay $482M over patent

A U.S. federal jury ordered Johnson & Johnson to pay $482 million US in damages to an inventor who claimed the company infringed on his patent for a cardiac stent. THE ASSOCIATED PRESS

Sudbury dairy closes at 75 years

A Sudbury dairy is shutting down after 75 years of operation.

Copper Cliff Dairy, owned by Agropur, ended production this past weekend, leaving roughly 30 people without a job. THE CANADIAN PRESS

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Riots in Egypt, U.S. jobs to set markets' tone

BMO economist expects job creation in Canada to remain steady, about 10,000 to 20,000 per month

Geopolitical concerns centred around Egypt, corporate earnings and, most particularly, the latest reading on U.S. job creation will set the tone on stock markets this week.

Investors will start the week by keeping a close watch on commodity prices, which surged Friday after thousands continued to riot against the government in Egypt and unrest threatened to spread across the Middle East.

Traders ended last week by piling into resource stocks and oil and gold futures as investors sought the usual safe havens.

"I think this thing could continue for the foreseeable future," said John Kurgan at commodities futures broker Lind-Waldock. "There's a lot of uncertainty there."

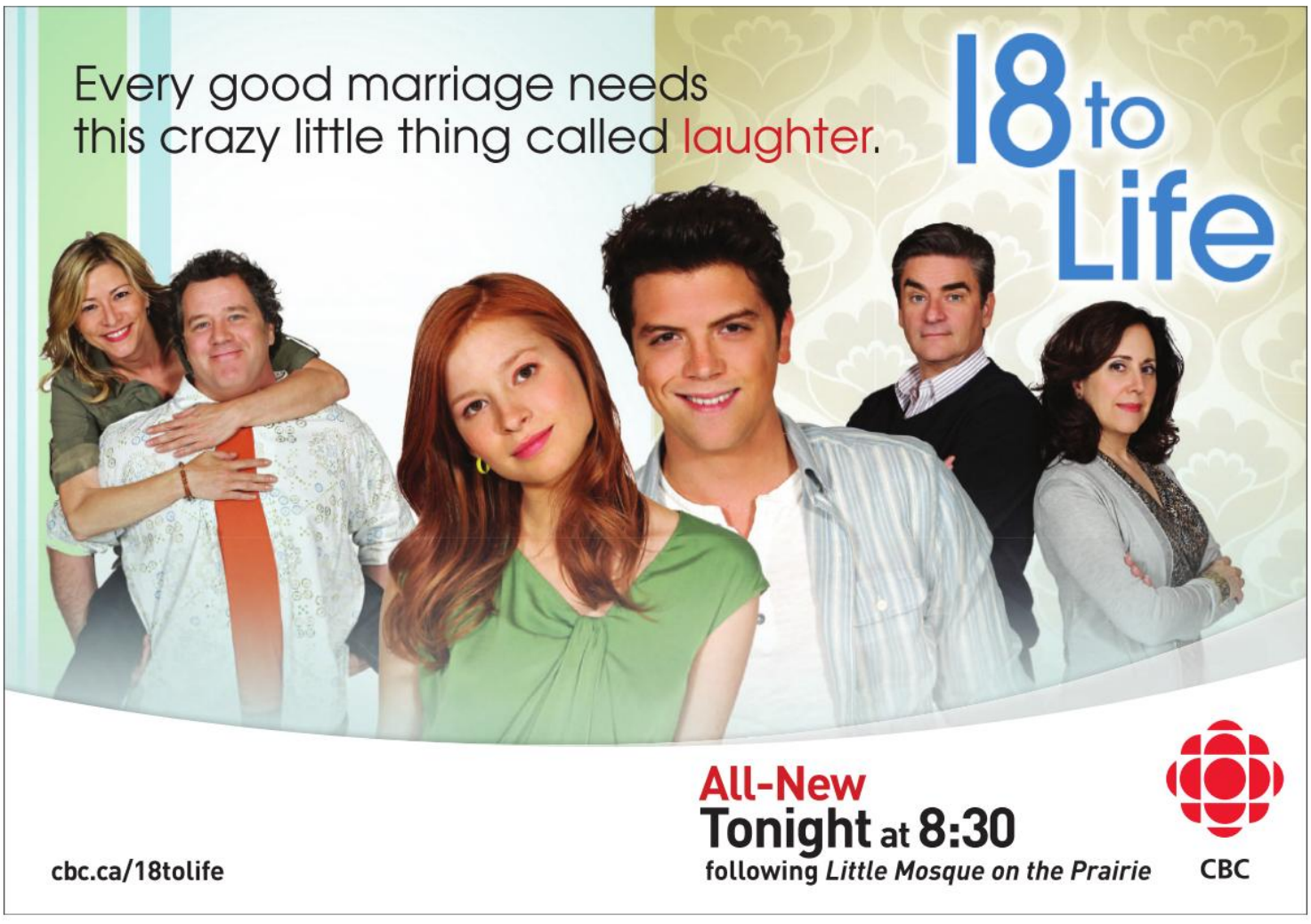
Meanwhile, employment reports for Canada and the U.S. come out Friday and hopes are high that the American data will show job creation is still on track.

"The employment report will be critical," said Norman Raschkowan, North American strategist at Mackenzie Financial Corp. THE CANADIAN PRESS

Market moment

DOLLAR	Natural gas 1,000 cu ft
– 0.79¢ (99.89¢ US)	$4.323 (+ 4¢)
OIL	**TSX**
+ $3.70 ($89.34 US)	+ 27.38 13,437.58

Gold contracts $1,340.70 (+ $22.30)



STEEL PAN'S RHYTHM AND REBELLION

Urban Compass

CAROLYN MORRIS

Rhoma Spencer was ecstatic to be helping push along the float of a steel pan band in carnival for the first time in her native Trinidad. She was only 13 years old.

That day, she ran home to tell her mom, proud as ever. But the response took her by surprise. "Don't you ever do that again!" her mom yelled.

Over the years, the Toronto-based actor, director, and founder of Theatre Archipelago began to make sense of her mother's reaction. As they sat in front of the TV, watching steel pan musicians compete for prizes amounting to tens of thousands of dollars, her mom would say, "Man, pan has come a long way."

Then the stories would come forth. Her mom as a young girl, getting caught up in the steel pan "clashes" of the late 1940s and early 1950s, in which competing steel pan orchestras would attack each other on the streets. Her cousin lost an eye in one of the clashes, and returned, only to lose her glass replacement eye in another.

These stories, and the idea to create a play, inspired Spencer to study the history of the steel pan.

Now recognized worldwide as musicians, steel pan players used to be seen as thugs. They were from "behind the bridge," Trinidad's version of the "wrong side of the tracks" — the poor neighbourhoods to the east of the capital city, Port of Spain.

During the Second World War, when American troops were stationed on the island and carnival was banned, the musicians would practise in compounds in the slums. They would steal garbage cans and lids from middle-class families, or use tire hubs, brake drums or biscuit pans to use as percussion instruments.

During that time, a man trying to fix his broken kettledrum realized he was making different notes in his attempt to bend the drum back into shape.

Soon, others were experimenting with the early versions of the steel pan.

After the war, the different steel pan orchestras formed, naming themselves after Hollywood movies like Casablanca, and Destination Tokyo. They were made up of poor and unemployed Trinidadians, who clashed in violent confrontations like the ones Spencer's mom got caught up in.

But over time, with the help of an inspirational prime minister, and worldwide recognition of steel pan musicians, the music started to lose its connection to violence. And Spencer's mom let her watch them.

•••

To kick off Black History Month, Spencer is giving a talk this Wednesday called Rhythm And Rebellion — How The Steel Pan Started at the Elmbrook Park (10:30 a.m.) and the Danforth-Coxwell (2 p.m.) public libraries.

Contact Carolyn Morris at urbancompass@metronews.ca

Cartoon

MICHAEL DE ADDER

Small-screen favourites

Letters & Tweets

We asked: What's your favourite TV sitcom?

@trudi_e: Maude. It even had an awesome song.
@MissPeachyBum: My favourite TV by far has to be The Big Bang Theory. Finally, a show for people like me!
@rorylallin: the first 10 years of the simpsons is the greatest sitcom of all time.
@dwjones83: would i be looked at funny if i said Family Matters? lol.
@benjamin_esau: Oh, The Big Bang Theory for sure. Finally, a show I can relate to!
@Projectwitz: Episodes on showtime has quickly become my current favourite.

No flipping

@dukesterHFX: my favourite sitcom had to be Gilligan's Island.
@mikeatqazam: there are a lot of good sitcoms but my fave is Cougartown. Great actors, great writing, and Courteney Cox is a comic genius.
@crestsofwaves: Everybody Loves Raymond, 8 Simple Rules.
@glorified_gv: Cosby. Cheers. Arrested Dev. Seinfeld. Seen every ep. Night Court ... maybe?
@velvetdress4U: Man hands. Low talker. Of course it's Seinfeld!
@JulesMBurke: Modern Family is my fav sitcom!!
@pennyroyal00: Favourite sitcom is Reba.
@jla30: Definitely has to be Friends. I still love watching the reruns.

What is the funniest Twitter feed you follow?

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at diary open mic

When we were 14, we kept an elaborate, illustrated diary about all the minutiae in our day-to-day existence and it was, like, THE MOST IMPORTANT STUFF IN THE WORLD, ever, and if anyone ever read it we would totally just, like, drop dead on the spot.

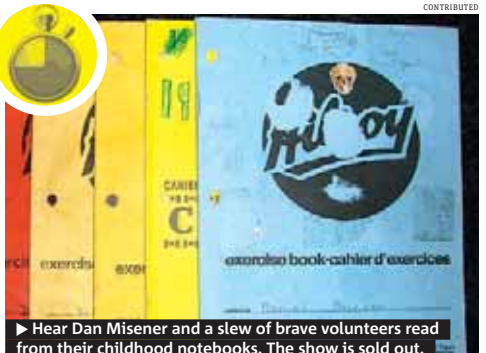
More than a decade later, a perusal through the same document reads like high comedy.

And that's precisely what Dan Misener realized when he discovered a cache of his own childhood notebooks.

The result? Grownups Read Things They Wrote As Kids. It's one of the funniest, rawest, most endearing open mics you'll ever attend, and it's happening tonight at The Garrison (1197 Dundas St. W.)

JORDANA DIVON

CONTRIBUTED



▶ Hear Dan Misener and a slew of brave volunteers read from their childhood notebooks. The show is sold out, but rush tickets are available at the door. Check out grownupsreadthingstheywroteaskids.com for more.

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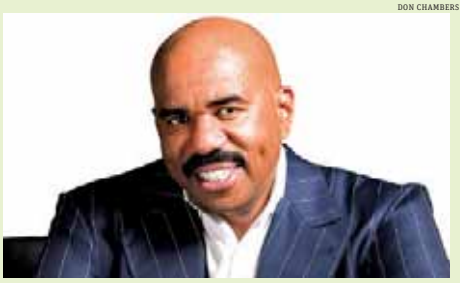
The bestsellers' advice

Between them they have sold millions of self-help books So we asked the biggest names for all the answers Choose the voice that suits you best and then follow-up with one of their books

DON CHAMBERS



The comedian/relationship guru sold millions of his first book, Act Like a Lady

STEVE HARVEY

How can I be happy?
You should never look for a person to make you happy. No one can make you happy first. No one can take you from a miserable state of being, and make you happy.

If you are waiting for someone to make you happy you are going to be disappointed.

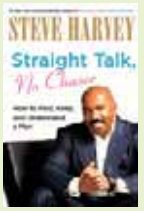
You should merely be finding someone that completes you or compliments you. See, if you focus on your own personal happiness, your own personal growth then you yourself become happy. Finding happiness then is not as much of a challenge for you.

I think one of the best ways to do this is to revert to the old-fashion way of communicating.

Reduce your use of emails and texting to your significant other.

Get back to talking, by leaving voice messages. That clears up a lot of confusion because texting/emailing has no emotion.

All you can do is put a smiley face with it, or capitalize the message, and often times those things can be taken wrong.



You've got to get back to some basic ways of communicating, especially face-to-face meetings.

What could the world at large do, collectively, to make the planet a better place?
There is only one answer for that. If everybody had a wonderful relationship with their creator, their God, it would make everything better.

I unfortunately don't think that is ever going to happen, but that is the only solution I have.

LEO BABAUTA

THE CREATOR OF ZEN HABITS, A BLOG WITH 200,000 VISITORS, BABAUTA URGES READERS TO SIMPLIFY THEIR LIVES. HIS LATEST BOOK, FOCUS, IS "ABOUT FINDING SIMPLICITY IN THIS AGE OF DISTRACTION." THERE'S A FREE VERSION AVAILABLE AT FOCUSMANIFESTO.COM.

I'm busy but also always seem to have time to goof off online. So how do I free myself from distraction?
Create space in your life. Cancel a few commitments, add space into your schedule, get rid of some to-do items and focus on fewer projects. Make space to breathe, to reflect, to find solitude, to create. It's one of the most important things you can do.

What can the world at large do, collectively, to free itself?
Promote minimalism. It's not a life where you live with as little as possible. It's a life where the focus isn't on consuming and spending, but on connecting with others — creating, enriching your life and the lives of others. It's also a life where we consume less and have less of an impact on the Earth.

TIMOTHY FERRISS

LAUGH ALL YOU WANT AT HIS BOOK TITLES: THE 4-HOUR WORKWEEK: ESCAPE 9-5, LIVE ANYWHERE, AND JOIN THE NEW RICH AND THE 4-HOUR BODY: AN UNCOMMON GUIDE TO RAPID FAT-LOSS, INCREDIBLE SEX, AND BECOMING SUPERHUMAN. FERRISS HAS A HUGE FOLLOWING (AND A SIX PACK).

How can I find time to focus on happiness?
Experiment with a low-cost virtual assistant (VA). What would you do if you have three-day weekends for the rest of your life? If you can save just eight hours per week with a VA, that's effectively what you've done. If you make $50,000 per year, you make approximately $25/hour, assuming two weeks of vacation annually. Just cut the last three zeroes off of your income and halve the remaining number to estimate your hourly income.

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MARIANNE WILLIAMSON

ANOTHER OF OPRAH'S FAVOURITE THINGS IS A COURSE IN WEIGHT LOSS, BY WILLIAMSON, WHICH LOOKS AT THE PSYCHOLOGY BEHIND WHY WE EAT, WITH A DOSE OF GOD AND MIRACLES. IT'S THE NO. 1 BOOK IN AMAZON'S SELF-HELP DEPARTMENT.

In the book, you sound blissfully happy. Where can I get some of that?
The best thing you can do to find happiness — the best thing you can do to find anything, really — is to give it away. Happiness isn't something that happens to you; it's a mental decision that someone has to make. If you're looking for something to be happy about, you can usually find it. If you try to bring a smile to others, then you'll end up smiling yourself. But if you expect the world to make you happy, then that usually won't work because there is no world outside your consciousness.

2 scene

SNL

Facebook co-founder Mark Zuckerberg and his The Social Network doppelganger Jesse Eisenberg, pictured, made friends on Saturday Night Live. Zuckerberg joined host Eisenberg for the opening monologue of the show Saturday. The two said they had never met, despite Eisenberg playing Zuckerberg in the widely hailed Oscar-nominated film. Eisenberg told Zuckerberg that he liked him on 60 Minutes and then asked if he had seen The Social Network. Zuckerberg, who has called the film inaccurate, responded that he had seen the film and that it was "interesting."

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Dexter's killer year

Now cancer-free, TV's darling sociopath shares how he kept his personal health a secret from his cast And the odd requests he gets from fans

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METRO WORLD NEWS IN LOS ANGELES

After five seasons and countless victims, Michael C. Hall has gotten used to playing serial killer-killing serial killer Dexter Morgan on Dexter.

And after the announcement a year ago that he was undergoing treatment for lymphoma, Hall is getting used to being cancer-free. He spoke with Metro about keeping his health problems a secret, playing a sociopath and why the death and dismemberment of Dexter doesn't bother him.

HANDOUT PHOTO

▶ Michael C. Hall: He's OK with severed body parts.

Your cancer is fully in remission, but is it true you didn't tell anyone on the show about it at first?

I found out about it while we were shooting the 10th of 12 episodes of the fourth season. Everybody is exhausted at that point, so if I seemed tired, I don't think it seemed suspicious. … I wanted to get as much information as possible and make as many decisions as possible before I let anyone know about it.

But because I had some personal appearances, I knew people would ask questions about my eyebrow-lessness.

Is it fair to say Dexter doesn't feel emotions?

I think we're meant to be suspicious of Dexter's claim at the beginning that he doesn't have the capacity for emotion.

Do you see him as a villain or a hero?

There's a sort of magical fantastical element to the show and to the world of the show — to see him as a person.

Did you ever consider yourself a squeamish person, and has that changed?

Not really, no. If we had real severed body parts, I would lose my lunch as soon as anybody. But if I know that it's fake, I can really appreciate how much I can endow it with reality.

When you watch the show yourself, are you critical or can you enjoy it?

Both. I watch it as we're making it.

What kind of attention do you get from people in public?

Some people say, "You know, if you run out of people to kill, I have... (laughs). And I stop them. I don't want to know. And you don't want to tell me, not that I'm going to kill them. Just don't go there.

CHRIS PIZZELLO/THE ASSOCIATED PRESS

▶ I Melt With You, starring Rob Lowe, debuted at Sundance.

Rob Lowe hits high in roller-coaster life

Rob Lowe is shaking things up in his career and so far the moves are paying off.

The 46-year-old has a new film called I Melt With You, which debuted at the Sundance Film Festival this past week. He left the ABC drama Brothers and Sisters last spring and joined NBC's Thursday-night sitcom Parks and Recreation. He also has a guest spot on the new season of Showtime's Californication. And on top of all that, he's releasing a memoir in May. "At the moment, I feel really fulfilled," Lowe says, but is also aware show business can be a roller-coaster ride. "The thing about a long career is you go through periods where you're unfulfilled, you go through periods where you're hot and you're cold. If you're lucky enough to stick around, you go through all of it."

"If you're lucky enough to stick around, you go through all of it."
ROB LOWE, 46-YEAR-OLD ACTOR

I Melt With You is about a group of guy friends who get together for a yearly bonding weekend. The trip turns serious when they open up and begin to question the way their lives have unfolded.

The film has received mixed reviews at Sundance, which Lowe says is fine with him. "So much of our business today is safe," he says. "They'll sacrifice quality, humour, drama, budget, you name it, and throw it under the bus to add one more set of eyeballs. This movie doesn't."
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Sundance jury loves film's star Like Crazy

- Felicity Jones snares actor prize, in young lover role
- Another Earth creators gush over 'greatest week'

DANNY MOLOSHOK/THE ASSOCIATED PRESS

▶ Matt Groening

A film about young lovers in a long-distance relationship called Like Crazy was awarded the grand jury prize for a U.S. drama at the 2011 Sundance Film Festival. Its star, Felicity Jones, also received a special jury prize for acting in the movie.

America Ferrera presented the acting award to Jones, who was not in attendance at the Saturday night ceremony, saying "the 2011 Sundance Film Festival will go down as the year of the actress."

Peter D. Richardson's film How to die in Oregon won the grand jury U.S. documentary prize. It follows terminally ill patients living in Oregon, the first state to legalize physician-assisted suicide.

Also recognized were Mike Cahill and Brit Marling's sci-fi film Another Earth, which won a dramatic special jury prize and the Alfred P. Sloan award. Cahill, who directed and co-wrote the movie, said "this is the greatest week of our lives." The film is about two strangers brought together the night before the discovery of a duplicate Earth.

The Festival's Awards Ceremony was hosted by actor Tim Blake Nelson, who appears in the comedic bank heist film Flypaper, which premiered at Sundance. Nelson told the audience, "If you win a prize today, that's fantastic. Congratulations. But if you don't, persevere because if you have made it this far, trust me, your film will find a home." This is the 30th Sundance Film Festival, founded by actor Robert Redford to promote indie film. THE ASSOCIATED PRESS

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Celebrity tweets

James Cameron [@Jim Cameron] I never tweeted before because I'm a long winded blowhard, and they don't allow enough characters.

Leonardo DiCaprio [@Leo DiCaprio] Start shooting J. Edgar Hoover story on Feb. 5th, look forward to working on more eco projects this year too.

Jerry Bruckheimer [@BruckheimerJB] Billboards all over LA for The Beatles on iTunes – time to update the office playlist

Tom Arnold [@Tom Arnold] Loved Black Swan although it could have been funnier...

Charlie Sheen checks himself into rehab

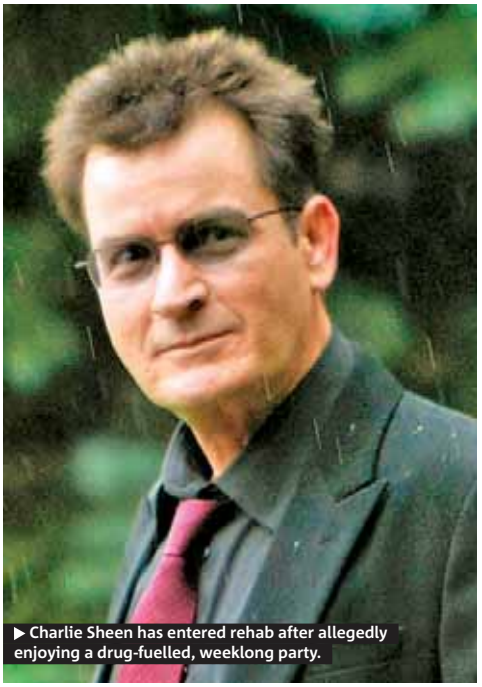
- Follows hospital stay for 'abdominal trouble'
- But actor says: 'I'm fine'

After allegedly enjoying a drug-fuelled, weeklong party that ended with him in the hospital for "abdominal trouble," Charlie Sheen checked himself into rehab over the weekend, putting production for his hit sitcom, Two and a Half Men, on hiatus, according to Radar Online.

"Charlie Sheen has voluntarily entered an undisclosed rehabilitation centre," his rep said in a statement.

But Sheen himself thinks everyone needs to relax. "I'm fine," Sheen reportedly said in a text message to the website. "People don't seem to get it. Guy can't have a great time and do his job also?" METRO

ALL PHOTOS GETTY IMAGES



▶ Charlie Sheen has entered rehab after allegedly enjoying a drug-fuelled, weeklong party.

Talking points

Mel Gibson's 'pirated' DVD

PETTY THEFT. A DVD of Mel Gibson's new, unreleased movie, The Beaver, was stolen from his mailbox before it could be returned to the studio, according to the Hollywood Reporter.

"When the courier came to pick it up, it wasn't there," a police spokesman says. "Apparently, someone prior to the courier took it out of the mailbox and made off with it."

But the police aren't exactly starting a task force to track down the culprit. "It's a $10 DVD. We're treating it as a petty theft at this point," says the police official. "It's a misdemeanor. It's considered a minor crime." METRO

Kim Cattrall's fitness secrets

STAYING IN SHAPE. Kim Cattrall admits that staying in shape gets harder as she gets older. But the 54-year-old actress admits daily exercise and drinking lots of water have served her well.

"I've been dieting my whole life because I have a tremendous appetite," she tells People magazine. "It gets harder because parts of my body don't want to be on a diet, but at the same time it gets me up in the morning to work out." METRO

Kim Cattrall

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Although 84 per cent of current pet owners say they would pick their spouse over their pet, 14 per cent say their significant other would have to go if the choice had to be made

MICHAEL STRAVATO/ THE ASSOCIATED PRESS

The Rosenthal family with their dogs Leo and Roxy. The family had to make the decision to give up their other dog Princess, who kept escaping from the backyard. Fifty-seven per cent of adults have had to give up a pet at some point in their lives.

Would you choose your loved one or pet?

Your sweetheart or your furry friend. If it came right down to it, who would you choose to dump if one had to go?

Most current pet owners said they would hold on to their significant other (84 per cent), but a sizable 14 per cent picked their pet, according to an AP-Petside.com poll.

"I couldn't give up my son, so that was it."

CHRISTOPHER J. HAMPTON, 67, ON GIVING UP A DOG HE HAD RAISED FROM A PUP WHEN HE DISCOVERED IT AFFECTED HIS SON'S ASTHMA

The poll revealed that those who were unmarried were more apt to choose their pet over their mate — 25 per cent among unmarried pet owners versus eight per cent among the married.

Count Fidel Martinez from Akron, Ohio, as forever loyal to Killer. That's his mix-breed rescue dog.

"I would absolutely give up my girlfriend for him," Martinez said. "I know it sounds insane but I've had numerous relationships with women. My dog has never let me down."

Women are more apt than men to say the human-pet choice would be tough (40 per cent among women compared with 26 per cent among men).

Both genders were equally likely to go with their spouse or significant other, according to the poll conducted by GfK Roper Public Affairs and Corporate Communications.

Giving up a pet for any reason can be really tough — unless you are the owners of Princess the canine escape artist.

David Rosenthal and his family in Missouri City, Tex., were ready with what they considered an ideal fenced backyard when they welcomed the two-year-old American Eskimo from a shelter. Then things went left.

"She kept getting away," he said. "It would usually take about an hour or so to corral her."

Even worse, the 49-year-old Rosenthal discovered the hard way that the bushy sago palm plants in the backyard were poisonous to dogs. Princess sampled them and nearly died.

"Plus, she was nipping at kids," said Rosenthal. So off Princess went, back to the shelter. "It was sad but we knew there was already somebody there to adopt her." The Rosenthals now have two other dogs.

About six in 10 adults (57 per cent) have had to give up a pet at some point in their lives. **THE ASSOCIATED PRESS**

Human medicine sickening more pets in U.S. than any other toxin

It's the third year in a row that human medications top the American Society for the Prevention of Cruelty to Animals' list of Top 10 toxins.

Janet Hardie in Groveland, Calif., knows the danger well: Earlier this year, she set incontinence pills on a table beside her chair. A while later, she looked down and Priscilla, her year-old Lhasa Apso, was tearing into the pack.

"She had eaten three. At least I couldn't find them," Hardie said.

She and her neighbour called the ASPCA hotline. A veterinarian had them weigh the dog and read the prescription information, then feed the dog a half piece of white bread and two teaspoons of hydrogen peroxide. Then they kept Priscilla active so the contents of her stomach would fizz and she would vomit.

About a quarter of the 168,000 calls received by the hotline in 2010 were about pets who had swallowed human drugs, said veterinarian Tina Wismer, senior director of veterinary outreach and education at the centre.

DAVID MERCER/ THE ASSOCIATED PRESS

Tthe American Society for the Prevention of Cruelty to operates a hotline for pet owners.

Insecticides, rodenticides, people food, veterinary medications, chocolate, household toxins, plants, herbicides and outdoor toxins (like antifreeze and fertilizers) round out the Top 10.

THE ASSOCIATED PRESS

3 life

A milestone

Nearly 50 years after the Berenstain Bears first charmed preschoolers and their parents, the family behind the books remains close to their Bear Country roots.

Next year is the 50th anniversary of the first Berenstain Bears book. The gentle stories are inspired by the Berenstain family — first from the children and now the grandchildren.

Stan and Jan Berenstain created hundreds of books until Stan Berenstain's death in 2005. Their son Mike collaborates with his mother on new books.

A Berenstain Bears movie is in the script phase and has a tentative release date of 2012.

THE ASSOCIATED PRESS

Yup'ik Eskimo masks bring in $4.6-million to highlight Winter Antiques Show.

The quintessential winter dish

Chili is the ideal comfort food to serve for lunch or dinner when the thermometer dips into freezing range

This All-or-Nothing chili is worthy of serving on a freezing day or at a Super Bowl party.

The chili starts with an intense base of toasted seasonings, some classics, some not — cumin, cinnamon, cayenne, smoked paprika, instant coffee, mustard powder, ginger and garlic powder. From there, you build up. First, with some oil and onion then fresh garlic.

Once you have some serious flavour going, it's time to turn to the star — the meat. But why settle for just one? This recipe combines chopped flank steak, shredded pork tenderloin and, for good measure, ground buffalo.

Once the meat starts to brown, in go the canned tomatoes, liquid smoke, a bit of beef broth, a beer and a couple rinds from Parmesan cheese.

That last one isn't an essential ingredient, and it really only works if you happen to have rinds kicking around the refrigerator. But if you do have some, letting them simmer in the chili effortlessly adds an incredible rich, savoury flavour.

Preparation:

1. In a food processor, combine pork tenderloin and flank steak. Pulse until chopped but not ground. Set aside.
2. In a large, dry stockpot over medium heat, combine cumin, cinnamon, cayenne, paprika, chili powder, coffee powder, mustard, ginger and garlic powder. Toast seasonings, stirring constantly, until fragrant. Transfer seasonings to small bowl and set aside.
3. Return stockpot to burner over medium-high. Add oil and heat, then add onion. Sauté until onion is just tender, 3 to 4 minutes. Add garlic and sauté for another minute.
4. Add chopped pork tenderloin, flank steak and ground buffalo. Cook until meat begins to brown, 6 to 8 minutes.
5. Add reserved spice blend, beer, both cans of tomatoes, beef broth, liquid smoke and Parmesan rinds, if using. Bring to a simmer, then reduce heat to maintain a gentle bubble. Cover and cook, stirring occasionally, for 30 minutes.
6. Spoon out and discard Parmesan rinds. Stir in lime juice and hot sauce, then season with salt and pepper. Serve topped with sour cream and cilantro.

THE ASSOCIATED PRESS

LARRY CROWE/ THE ASSOCIATED PRESS

▶ Not only is chili a great cold weather meal, it's also perfect for Super Bowl parties.

Ingredients:

- 750 g (1 1/2 lb) pork tenderloin, cut into 2.5-cm (1-inch) chunks
- 750 g (1 1/2 lb) flank steak, cut into 1-cm (1/2-inch) strips
- 10 ml (2 tsp) cumin
- 5 ml (1 tsp) cinnamon
- 2 ml (1/2 tsp) cayenne pepper
- 10 ml (2 tsp) smoked paprika
- 15 ml (1 tbsp) chili powder
- 15 ml (1 tbsp) instant coffee powder
- 5 ml (1 tsp) mustard powder
- 2 ml (1/2 tsp) ground ginger
- 5 ml (1 tsp) garlic powder
- 30 ml (2 tbsp) canol oil
- 2 yellow onions, diced
- 4 cloves garlic, minced
- 500 g (1 lb) ground buffalo
- 1 bottle (341 ml/12 oz) Corona or other pale beer
- 1 can (796 ml/28 oz) diced tomatoes
- 1 can (398 ml/14 oz) crushed tomatoes
- 250 ml (1 cup) beef broth
- 5 ml (1 tsp) liquid smoke
- Rinds from chunks of Parmesan cheese (optional)
- 30 ml (2 tbsp) lime juice
- 2 ml (1/2 tsp) hot sauce (more or less to taste)
- Salt and ground pepper
- Sour cream, to serve
- Chopped fresh cilantro

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Forget sacrifice, try on innovation

Author of the Lazy Environmentalist offers his tips

PROBLEM: I'm all for the environment, but don't like it when people get so strict about it.
SOLUTION: Me too. All that gloom-and-doom and moralizing about polar bears doesn't change people's behaviour. It's time we start talking about how green issues can help people get what they want. Like the time I had my reusable FilterForGood water bottle with me on the subway and this hot chick was so impressed that she gave me her phone number and told me to call her for a date. Speaking of water, check out my campaign on filterforgood.com.

PROBLEM: Thinking about the environment makes me feel guilty.
SOLUTION: Here's my philosophy: If the green choices require me to sacrifice, I just don't make them. My sole mission in life is not to reduce my eco-impact to zero. I have other priorities, like you too. With that said, I'm typing this article on one of the most energy efficient laptops available (see epeat.net); I'm dressed in stylish clothing made from recycled materials (see nau.com, which ships worldwide); and I'm wearing high-performance boots from Timberland made with eco-friendly materials. Green is not about sacrifice — it's about embracing innovation.

ISTOCKPHOTO.COM

▶ Enjoy your green planet.

PROBLEM: I'm into being green, but I already recycle, turn off the water when brushing my teeth, etc. What's next?
SOLUTION: All sorts of amazing choices. In many countries, you can get solar panels for your home through a zero-money down lease. There are websites that will pay you to recycle your unwanted electrical goods. And other sites help you rent or borrow almost everything you need. It's called Freecycle; just Google it and start saving. METRO

ECO-FRIENDLY BEDS

Queen of Green

LINDSAY COULTER
GREEN@METRONEWS.CA

What do you recommend when it comes to shopping for an eco-friendly mattress?
Nicole of Vancouver

A mattress is a big purchase not to be taken lightly, given the number of hours you'll use it, the years you'll need it to last and the cost. They're not all that easy to dispose of either.

Natural fibres are the best. Options for mattresses (and pillows and bedding) include wool, silk, hemp, organic cotton and natural latex. Avoiding synthetic fabrics and fibres derived from petrochemicals, like polyurethane foam, also eliminates concerns about off-gassing of volatile organic compounds (VOCs).

Natural options mean you needn't lose sleep worrying about mites and fire resistance either! Conventional mattresses tackle these with chemical treatments and toxic compounds, but wool naturally repels dust mites and natural latex foam is fire-resistant.

Addressing mattress eco-friendliness wouldn't be complete without mentioning PBDEs. These are a group of synthetic chemicals added as fire retardants. PBDEs are not produced in Canada but are imported by manufacturers and in consumer products (e.g., televisions, furniture, carpets, and curtains). Mattresses made in Canada generally do not contain these flame retardants, but it is always good to ask. Also, avoid additives used to repel stains and water.

David Suzuki Foundation

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Do You Love Shopping Around For The Best Deal?

If you're like most people, you'll often spend hours doing research, checking flyers, looking for specials, and running from one store to another to make sure you get the best possible price on everyday items such as; clothes, electronics, furniture, and even groceries. Nothing beats the thrill of knowing you paid less for something by shopping at one place instead of the other, right? It all adds up – the time you invest and knowing where to go to get the best deals could end up saving you a bundle in the long run.

When Was The Last Time You Shopped for Car Insurance?

Sadly, even the smartest shoppers often don't spend nearly the same amount of time and energy shopping for car insurance as they do for other items. After all, car insurance can be confusing, it never goes "on sale" (it only seems to get more expensive), it isn't much "fun" to buy, and it seems like no one place always has the best prices. But what if one place compared the rates from over 30 insurance companies? And what if it would only take about 10 minutes? And what if you could end up saving hundreds, or even thousands of dollars? This is where InsuranceHotline.com can help by providing a free unbiased rate comparison service for your driving profile that can connect you with the lowest rate available through our large network of licensed brokers and agents.

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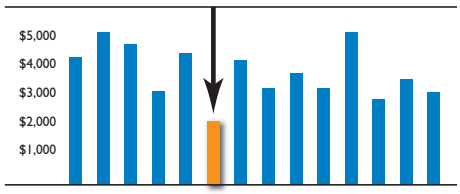

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Us, unplugged

A working mom takes her family off the grid for six months, and lives to tell the tale

FLICKR: FRAMING THE WORLD

▶ Author Maushart says she realizes that living off the grid for six months is unrealistic for most people, but encourages families to unplug periodically.

Susan Maushart lived out every parent's fantasy: She unplugged her teenagers.

For six months she took away the Internet, TV, iPods, cellphones and video games. The eerie glow of screens stopped lighting up the family room. Electronic devices no longer chirped through the night like "evil crickets." And she stopped carrying her iPhone into the bathroom.

The result of what she grandly calls "The Experiment" was more OMG than LOL — and nothing less than an immersion in RL (real life).

As Maushart explains in a book released in the U.S. this week called The Winter of Our Disconnect, she and her kids rediscovered small pleasures — like board games, books, lazy Sundays, old photos, family meals and listening to music together instead of everyone plugging into their own iPods.

Her son Bill, a video game and TV addict, filled his newfound spare time playing saxophone.

"He swapped Grand Theft Auto for the Charlie Parker songbook," Maushart wrote. Bill says The Experiment was merely a "trigger," and he would have found his way back to music eventually. Either way, he got so serious playing sax that when the gadget ban ended, he sold his game console and is now studying music in college.

Maushart's eldest, Anni, was less wired and more bookish than the others, so her transition in and out of The Experiment was the least dramatic. Her friends thought the ban was "cool." If she needed computers for schoolwork, she went to the library. Even now, she swears off Facebook from time to time, just for the heck of it.

Maushart's youngest daughter, Sussy, had the hardest time going off the grid. Maushart had decided to allow use of the Internet, TV and other electronics outside the home, and Sussy immediately took that option, taking her laptop and moving in with her dad — Maushart's ex-husband — for six weeks. Even after she returned to Maushart's home, she spent hours on a landline phone as a substitute for texts and Facebook.

But the electronic deprivation had an impact anyway: Sussy's grades improved substantially. Maushart wrote that her kids "awoke slowly from the state of cognitus interruptus that had characterized many of their waking hours to become more focused logical thinkers."

Maushart decided to unplug the family because the kids — ages 14, 15 and 18 when she started The Experiment — didn't just "use media," as she put it. They "inhabited" media. "They don't remember a time before email, or instant messaging, or Google," she wrote.

THE ASSOCIATED PRESS

The Experiment

The unplugging of Maushart's family began with drastic changes.

- Initially Maushart turned off the electricity completely for a few weeks — candles instead of electric lights, no hot showers, food stored in a cooler of ice.
- Maushart's is a lifelong devotee of Henry David Thoreau's classic book Walden, which chronicled Thoreau's sojourn in solitude and self-sufficiency in a small cabin on a pond in the mid-1800s.

TOP 10 of 2010

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3. Tom Brokaw Explains Canada to Americans
4. Handsome Men's Club
5. The Office Dwight Schrute sings about Canada
6. Iggy Investigates an iPad
7. McNugget Rampage
8. Don't Argue With an Ibex
9. Bigfoot and Timmy Peeler
10. Vulture: Betty Draper's Guide to Parenting

To see more Top 10's of 2010, visit **metronews.ca/top10**

SOURCE: Metro Life Panel Survey, January 2011, 216 respondents

metro life panel

Turning Point
TERESA KRUZE
LIFE@METRONEWS.CA

FREEDOM IN FORGIVENESS

She stood in court staring into the eyes of her brother's killer. Annette Stanwick had endured many months of anger and pain but as she read her victim impact statement, she faced a turning point in her life. It was at that moment that she decided to let go of her anger. When she told the convicted murderer that she forgave him, she walked away a changed woman.

"When you forgive it doesn't change what has happened but it helps to release the negative emotions you hang on to."

Stanwick went on to write an award winning book called Forgiveness: The Mystery & Miracle, and now is a much sought after international public speaker. When she's not working as a VP at Gimbel Eye Centre in Calgary, she gives seminars and even speaks in prisons.

"Terrible things happen in life. Acknowledge the pain then let go of the fear and anger that are holding you back. We can rise above them. Climb the mountain."

▶ Annette Stanwick poses with her Harley.

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GEORGE BROWN COLLEGE

Where a horse is not just a horse

What is it about girls and horses?

Whether raised as country or city girls there is something about the grace and elegance of the noble horse that tends to appeal to females of all ages.

They apparently are also excellent listeners.

Kayleigh was only 12 when she gave up on traditional counselling and started to break down.

"I couldn't have got through being a teenager without my horse and I knew even as an adult my horse is what kept me sane."
SUE MACINTOSH, FOUNDER OF HEALING HOOVES

"My Mom has depression and anxiety and I walked in on her trying to kill herself so that's pretty hard to deal with when you're about 10 years old. After that I kind of shut down," she said softly.

"So I went to Sue at 12, talking about my Mom. Then when I was 14 my parents were getting divorced and then it was, 'Now what?"'

"I'm perfect now," she said with a giggle.

▶ Sue MacIntosh is the founder of Healing Hooves in Calgary, where troubled teens turn to four-legged counsellors to help them cope with stress.

"Sue" is Sue McIntosh, who set up Healing Hooves near the tiny community of Cremona, northwest of Calgary, more than a decade ago and practises Equine Facilitated Wellness and Animal Assisted Therapy.

Since then more than a thousand troubled teens, most of them girls, have discovered that while it is next to impossible to talk about your demons — a horse can work wonders.

"I knew that horses had helped me as a teenager and I couldn't have got through being a teenager without my horse and I knew even as an adult my horse is what kept me sane," said McIntosh with a smile.

"I just wanted to share that with people and I was very interested in psychology and just wanted to help people."

About 60 per cent of the clientele are referrals from social services and the remainder from private placements.

They all have one thing in common.

They are looking for ways to deal with their personal problems that traditional counselling could not provide.

"You sit there and they make you draw pictures or they ask you to try and identify things through toys. You don't want to be there anyway but you know you're there to talk but you don't want to talk," sighed Kayleigh.

"The minute I got on that horse I was a totally different person. It's quite amazing."

McIntosh said a laid-back approach and time spent with the horses can get her clients to open up. Often her approach is seen as a "last resort" for kids who have had bad experiences with traditional counselling.

"We need to be letting someone take care of us. We need to be resting with someone who cares about us and who we trust. That peace seems to be missing from so many peoples lives."

Tracey, 19, said the horses are "really calm creatures."

"If you spend a lot of time with them they'll learn to trust you and you can pretty well do anything you want," she said while sitting bareback on Sky, who was casually munching a wad of hay.

THE CANADIAN PRESS

Teacher's study makes a splash

Ryerson professor links improper hand-washing to the spread of gastrointestinal problems in schools

HO RYERSON/THE CANADIAN PRESS

A professor is advocating the importance of hand-washing, and how it can go a long way toward keeping students healthy, after a study on preventing school-based gastrointestinal outbreaks was conducted.

Prof. Marilyn Lee, who teaches in Ryerson University's School of Occupational and Public Health, says that lack of hand-washing and improper food handling are two of the major reasons for the spread of the uncomfortable symptoms associated with gastrointestinal upsets.

In the confined space of a classroom, gastrointestinal illnesses can spread quickly, Lee said in an interview from Guelph, Ont.

Lee is the lead author of A Review of Gastrointestinal Outbreaks in Schools: Effective Infection Control Interventions. The study, in the December 2010 issue of the Journal of School Health, deals with food preparation in schools from kindergarten through university/college.

Typically, gastrointestinal illnesses are short-lived and their symptoms – cramps, fever, vomiting and diarrhea – don't require medical treatment. Some children, however, require hospitalization and even, in the case of E. coli contamination, can die from their condition.

Lee and epidemiologist Judy Greig of the Public Health Agency of Canada searched reports published between 1998 and 2008 to identify the cause of a gastrointestinal outbreak, how the infection was transmitted, the number of children affected, mortality rates, and control and prevention measures.

Co-author Greig and Lee looked at an estimated 500 articles before narrowing them down to 121 outbreaks that met all the criteria. About one-third of the reports were from North America (40) - mostly from the U.S., with three from Canada - 39 from Europe, 39 from Asia and the remainder from South America and the Middle East. Slightly more than half of the outbreaks involved bacterial infections (51 per cent) or viral infections (40 per cent). The rest were caused by one or more parasites. In almost half of the cases, transmission was identified as being food-borne (45 per cent), followed by person-to-person (16 per cent), water-borne (12 per cent) and via animal contact (11 per cent). THE CANADIAN PRESS

▶ Prof. Marilyn Lee washes her hands at Ryerson University.

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G'day at Open for Djokovic

Novak Djokovic gave his old friend Andy Murray a sympathetic hug and a few consoling words, then got on with the real celebrations.

Djokovic walked to the middle of the court, tossed his racket into the crowd, then stripped off his shirt and shoes and hurled them, too.

The 23-year-old Serb had plenty to celebrate after his 6-4, 6-2, 6-3 win over Murray in the Australian Open final yesterday. Djokovic's second Australian title made him only the fourth active player on the men's tour to win multiple majors. Rafael Nadal and Roger Federer have had a lock on the men's side, winning 21 of the previous 23, while Lleyton Hewitt has two titles — the last coming at Wimbledon in 2002.

"It's been a fantastic tournament for me," Djokovic said. "I don't want to fly up to the sky and say, 'I am the best,' or whatever. I cannot compare to Rafa and Roger's success."

He's the most successful player so far in 2011, though, and that's what counts right now.

"Certainly this will give me a lot of motivation for the continuation of the season, because to win a Grand Slam at the start of the season is the best start you can ask for," he said. "It means a world to me. I'm still 23. I still have a lot of time to go."

THE ASSOCIATED PRESS

2

Australian Open champion Kim Clijsters will move up one spot to No. 2. Caroline Wozniacki will hold onto the women's No. 1.

KEVIN C. COX/GETTY IMAGES

▶ Team captains Nicklas Lidstrom and Eric Staal shake hands yesterday after Team Lidstrom defeated Team Staal 11-10.

Stars show off shinny skills

New player draft format creates buzz going into weekend, but fails to add life to game ◐ Chicago's Patrick Sharpe wins MVP with three points

Eric Staal and his Carolina Hurricanes teammates were unable to capitalize on home-ice advantage and the NHL's all-star game was unable to live up to the hype created by its new format.

The Hurricanes captain did his best by scoring twice yesterday, but Team Lidstrom walked away with an 11-10 victory.

There were no standout performances or real buzz moments — something that was in large supply during Friday's draft and Saturday's skills competition.

Anze Kopitar and Danny Briere led the way for Team Lidstrom with two goals apiece. Dustin Byfuglien, Loui Eriksson, Matt Duchene, Steven Stamkos, Jonathan Toews, Marty St. Louis and Loui Eriksson each had one.

Staal and Kris Letang each had two goals for Team Staal while Alex Ovechkin, Paul Stastny, Patrik Elias, Claude Giroux, Patrick Sharp and Rick Nash had the others.

The league went with a different format this year — putting the power in the hands of the players by having captains Staal and Nicklas Lidstrom select the teams.

As in years past, the intensity didn't pick up until the minutes wound down.

There were countless odd-man rushes and some nice goals, none more popular than the one Staal scored on a breakaway 3:49 into the third period to tie the game 7-7.

A goal by St. Louis at 13:54 put Team Lidstrom ahead 10-8 and Team Staal couldn't complete the comeback. Eriksson scored into an empty net.

THE CANADIAN PRESS

Woods has 'work to do' after rough beginning

Tiger Woods began a new year with his worst season debut. Woods failed to birdie a par 5 for the second time this week and closed with a 3-over 75 yesterday in the Farmers Insurance Open, ending his five-tournament winning streak at Torrey Pines with a middle-of-the-pack finish.

"I have some work to do," Woods said. "There's no doubt about that."

He had never finished out of the top 10 in the PGA Tour event at Torrey Pines.

Bubba Watson made clutch putts on the last two holes, including a 12-foot birdie on the par-5 18th for a 5-under 67 to win the tournament.

THE ASSOCIATED PRESS

LENNY IGNELZI/THE ASSOCIATED PRESS

▶ Tiger Woods

Sports in brief

Curling delays CBC's all-star coverage

CURLING. Curling trumped NHL hockey, at least for a while yesterday. Mike McEwen edged Glenn Howard 5-4 in an extra end to capture the BDO Canadian Open. But the length of the final ran late, forcing CBC to delay its coverage of the NHL all-star game in Raleigh, N.C., by roughly 20 minutes.

"As it should," said Howard. "It's just an all-star game, it's really not that big a deal."

THE CANADIAN PRESS

NHLers back Quebec team

NHL. Quebec City is the Canadian locale most deserving of an NHL team while both fighting and the instigator rule have a place in the game, according to a poll of the league's players.

THE CANADIAN PRESS

4 sports

Raptors preview

Raptors at Pacers
7 p.m.
TV: Sportsnet
Radio: Fan 590

At 11 games, the Raptors (13-35) are on the fifth-longest losing streak in franchise history after a 103-87 thumping Saturday night at Minnesota. Six of those loses have been by six points or less, but they shot a season-low .337 (34-of-101) from the field against the Timberwolves. Toronto has lost five in a row at Indiana.

The Pacers (17-27) will be playing their first game under interim head coach Frank Vogel after Jim O'Brien was fired yesterday. The change was made after Indiana fell 110-98 at Chicago on Saturday, the club's seventh loss in eight games. Vogel was promoted from assistant coach with the team.

Scan code for more sports

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	50	33	12	2	3	174	130	71	16-7-0-2	17-5-2-1	8-2-0-0	W2
d-Tampa Bay	51	31	15	3	2	154	154	67	16-4-1-1	15-11-2-1	7-3-0-0	W5
d-Boston	50	28	15	2	5	152	112	63	13-9-1-2	15-6-1-3	7-3-0-0	W1
Pittsburgh	50	31	15	2	2	154	114	66	17-9-1-0	14-6-1-2	6-3-0-1	W2
Washington	51	27	15	5	4	140	129	63	16-5-2-4	11-10-3-0	4-3-2-1	L2
NY Rangers	52	29	20	2	1	148	126	61	12-11-1-1	17-9-1-0	5-5-0-0	L1
Montreal	50	27	18	4	1	130	123	59	16-6-3-1	11-12-1-0	6-2-1-1	L2
Atlanta	52	24	19	3	6	152	166	57	12-9-1-4	12-10-2-2	3-4-1-2	W1
Carolina	50	25	19	2	4	153	155	56	13-8-1-1	12-11-1-3	6-4-0-0	W2
Buffalo	49	23	21	5	0	137	144	51	11-12-1-0	12-9-4-0	7-3-0-0	W2
Florida	49	22	22	2	3	131	131	49	11-8-2-3	11-14-0-0	4-3-1-2	L1
Toronto	49	19	25	2	3	124	153	43	10-11-2-2	9-14-0-1	4-5-0-1	L3
Ottawa	50	17	25	5	3	108	160	42	9-14-2-2	8-11-3-1	1-6-1-2	L6
NY Islanders	49	15	27	3	4	119	162	37	8-12-1-3	7-15-2-1	2-7-0-1	L3
New Jersey	49	16	30	2	1	101	144	35	9-13-1-1	7-17-0-1	6-3-1-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	50	31	10	4	5	165	121	71	17-3-1-4	14-7-3-1	4-2-1-3	W2
d-Detroit	49	30	13	4	2	166	143	66	15-6-3-1	15-7-1-1	6-3-0-1	W1
d-Dallas	50	30	15	1	4	147	137	65	16-6-1-3	14-9-0-1	7-2-0-1	W1
Nashville	50	27	17	4	2	134	119	60	11-4-3-2	16-13-1-0	6-4-0-0	L2
Anaheim	52	28	20	2	2	140	146	60	17-7-0-1	11-13-2-1	7-3-0-0	W2
Phoenix	51	25	17	6	3	149	145	59	10-9-3-2	15-8-3-1	6-4-0-0	W1
Chicago	50	26	20	2	2	157	139	56	16-13-0-0	10-7-2-2	6-3-0-1	L2
Colorado	50	25	19	6	0	161	165	56	14-11-3-0	11-8-3-0	4-5-1-0	L1
San Jose	50	25	19	4	2	139	138	56	12-10-2-1	13-9-2-1	4-5-0-1	L1
Minnesota	49	25	19	1	4	130	134	55	11-11-0-2	14-8-1-2	6-4-0-0	W1
Los Angeles	50	27	22	1	0	143	124	55	17-9-1-0	10-13-0-0	5-5-0-0	W3
Calgary	51	24	21	2	4	144	152	54	14-9-0-1	10-12-2-2	6-1-1-2	W4
Columbus	49	23	21	3	2	130	152	51	12-11-0-1	11-10-3-1	3-5-1-1	L1
St. Louis	49	22	20	3	4	130	146	51	15-8-1-2	7-12-2-2	2-7-1-0	L4
Edmonton	49	15	26	1	7	122	168	38	7-13-1-3	8-13-1-3	2-7-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

ALL-STAR WEEKEND

At Raleigh, N.C.
Yesterday's results
All-Star Game
Team Lidstrom 11 Team Staal 10
Saturday's result
Skills Competition
Team Staal def. Team Lidstrom, 33-22
Tonight's game
No Games Scheduled.
Tomorrow's games
Florida at Toronto, 7 p.m.
Ottawa at New Jersey, 7 p.m.
Pittsburgh at N.Y. Rangers, 7 p.m.
Montreal at Washington, 7 p.m.
Boston at Carolina, 7 p.m.
N.Y. Islanders at Atlanta, 7 p.m.
Chicago at Columbus, 7 p.m.
Philadelphia at Tampa Bay, 7:30 p.m.
Colorado at St. Louis, 8 p.m.
Calgary at Nashville, 8 p.m.
Los Angeles at Minnesota, 8 p.m.
Vancouver at Dallas, 8:30 p.m.
Phoenix at San Jose, 10 p.m.

TEAM LIDSTROM 11, TEAM STAAL 10

First Period
1. Team Staal, Ovechkin (Chara, Green) 0:50
2. Team Staal, Stastny (Sharp, Backes) 2:48
3. Team Staal, Elias (Stastny, Green) 3:20
4. Team Staal, Giroux (Sharp, Backes) 5:41
5. Team Lidstrom, Kopitar (Weber) 10:50
6. Team Lidstrom, Byfuglien (Kane, Keith) 13:17
7. Team Lidstrom, Eriksson (Toews) 16:07
8. Team Lidstrom, Duchene (Lidstrom, Weber) 16:30

Penalties — None.
Second Period
9. Team Staal, Sharp (Giroux) 1:18
10. Team Staal, Letang (D.Sedin, Ovechkin) 6:10
11. Team Lidstrom, Kopitar 2 (Eriksson, Havlat) 10:08
12. Team Lidstrom, Stamkos (St Louis, B.Richards) 14:11
13. Team Lidstrom, Briere (H.Sedin, Weber) 15:31

Penalties — None.
Third Period
14. Team Staal, E.Staal (Perry, Nash) 3:49
15. Team Staal, Letang 2 (Elias, Skinner) 8:46
16. Team Lidstrom, Briere 2 (H.Sedin, Weber) 9:57
17. Team Lidstrom, Toews (Eriksson, Havlat) 10:45
18. Team Lidstrom, St. Louis (Burns) 13:53
19. Team Staal, Nash (Perry, Chara) 15:11
20. Team Lidstrom, Eriksson 2 (Toews, Havlat) 18:49 (en)
21. Team Staal, E.Staal 2 (Boyle, Backes) 19:26

Penalty — Ovechkin Sta (throwing object at puck) 6:13.
Missed penalty shot — Duchene Lid, 6:13.
Shots

Team Lidstrom	14	16 15—45
Team Staal	14	17 15—46

Goal (shots-saves) — Team Lidstrom: Fleury (14-10), Hiller (start second, 17-15), Thomas (W)(start third, 15-11); Team Staal: Ward (14-10), Price (start second, 16-13), Lundqvist (L)(start third, 14-11). **Power plays (goals-chances)** — Team Lidstrom: 0-0; Team Staal: 0-1. **Referees** — Tom Kowal, Kevin Pollock. **Linesmen** — Don Henderson, Darren Gibbs. **Att.** — 18,680 (18,680) at Raleigh, N.C.

NHL ALL-STAR MVPS

(NOT AWARDED BEFORE 1962)
(X-GOALTENDER)
2011 - Patrick Sharp, Chicago
2010 - Game Not Held (Olympics)
2009 - Alex Kovalev, Montreal
2008 - Eric Staal, Carolina
2007 - Daniel Briere, Buffalo
2006 - Game Not Held (Olympics)
2005 - Game Not Held (lockout)
2004 - Joe Sakic, Colorado
2003 - Dany Heatley, Atlanta
2002 - Eric Daze, Chicago
2001 - Bill Guerin, Boston

GOAL SCORING

Name Team	GP	G
Steven Stamkos Tampa Bay	51	38
Sidney Crosby Pittsburgh	41	32
Ryan Kesler Vancouver	50	27
Daniel Sedin Vancouver	50	27
Danny Briere Philadelphia	47	26
Patrick Sharp Chicago	49	26
Corey Perry Anaheim	52	25
Eric Staal Carolina	50	25

GOLF

PGA FARMERS INSURANE OPEN

At San Diego
Par 72
Final Round

Bubba Watson, $1,044,000	71-65-69-67—272
Phil Mickelson, $626,400	67-69-68-69—273
Dustin Johnson, $336,400	69-69-71-66—275
Jhonattan Vegas, $336,400	69-69-69-68—275
D.A. Points, $232,000	73-68-68-67—276
Nick Watney, $194,300	70-73-72-63—278
Anthony Kim, $194,300	68-67-71-72—278
Hunter Mahan, $194,300	69-67-69-73—278
Troy Matteson, $150,800	74-68-70-67—279
Marc Leishman, $150,800	67-72-71-69—279
Brandt Snedeker, $150,800	70-69-70-70—279
Bill Haas, $150,800	67-66-71-75—279
Billy Mayfair, $121,800	70-69-71-70—280
Charles Howell III, $104,400	71-68-73-69—281
Ben Crane, $104,400	70-66-74-71—281
Kevin Sutherland, $104,400	69-69-71-72—281
Brendan Steele, $87,000	70-68-74-70—282
Tom Gillis, $87,000	72-70-69-71—282
David Duval, $87,000	70-70-71-71—282
Vijay Singh, $65,192	72-71-71-69—283
Pat Perez, $65,192	69-70-72-72—283
Joe Durant, $65,192	72-69-71-71—283
Spencer Levin, $65,192	71-71-69-72—283
Rickie Fowler, $65,192	65-71-73-74—283
Ben Martin, $46,255	68-72-73-71—284
Justin Rose, $46,255	72-70-72-70—284
Keegan Bradley, $46,255	67-74-70-73—284
Fredrik Jacobson, $46,255	67-69-73-75—284

EUROPEAN PGA VOLVO CHAMPIONS

At Riffa, Bahrain
Par 72
Final Round

Paul Casey, England	67-67-66-68—268
Peter Hanson, Sweden	66-67-67-69—269
Miguel Angel Jimenez, Spain	68-65-69-67—269
Stephen Gallacher, Scotland	70-64-69-67—270
Robert Karlsson, Sweden	69-67-69-66—271
Johan Edfors, Sweden	64-71-68-69—272
Noh Seung-Yul, Korea	69-68-70-65—272
Alvaro Quiros, Spain	67-69-71-67—274
Richie Ramsay, Scotland	72-68-67-67—274
Edoardo Molinari, Italy	68-65-71-70—274
Alexander Noren, Sweden	67-70-67-70—274
Darren Clarke, N Ireland	69-65-67-73—274
Richard Green, Australia	67-70-72-66—275
Thomas Aiken, South Africa	70-69-68-68—275
Todd Hamilton, United States	70-71-64-70—275
Anders Hansen, Denmark	68-68-69-70—275
David Horsey, England	69-70-65-71—275
Matteo Manassero, Italy	67-70-66-72—275
James Kingston, South Africa	67-67-67-74—275
Richard Finch, England	71-71-71-63—276
Ricardo Gonzalez, Argentina	71-65-70-70—276
Jose Manuel Lara, Spain	70-67-68-71—276
Francesco Molinari, Italy	66-69-69-72—276
Alejandro Canizares, Spain	68-71-68-70—277
Tano Goya, Argentina	75-67-68-67—277
Soren Kjeldsen, Denmark	70-71-73-63—277
Pablo Larrazabal, Spain	66-71-70-70—277
Ian Poulter, England	72-69-68-68—277

BOBSLED

WORLD CUP

At St. Moritz, Switzerland
1. Latvia 1 (Edgars Maskalans, Daumants Dreiskens, Ugis Zalims, Intars Dambis), two minutes, 9.34 seconds (1:05.11-1:04.23); 2. Switzerland 2 (Beat Hefti, Roman Handschin, Thomas Lamparter, Manuel Luethi), 2:09.36 (1:04.93-1:04.43); 3. Germany 1 (Manuel Machata, Richard Adjei, Andreas Bredau, Christian Poser), 2:09.50 (1:05.04-1:04.46); **Also: 9. Canada 1 (Lyndon Rush, Humboldt, Sask.; Justin Wilkinson, Calgary; Cody Sorensen, Ottawa; Neville Wright, Edmonton) 2:10.14 (1:05.45-1:04.69)**
World Cup Four-Man Standings
(After seven of eight events)
1. Manuel Machata, Germany, 1,461 points; 2. Steven Holcomb, U.S., 1,346; 3. Karl Angerer, Germany, 1,266; 4. Alexander Kasjanov, Russia, 1,216; 5. Alexsandr Zubkov, Russia, 1,195; **6. Lyndon Rush, Humboldt, Sask., 1,152;** 7. Edgars Maskalans, Latvia, 1,003; 8. Patrice Servelle, Monaco, 982; 9. Gregor Baumann, Switzerland, 978; 10. Simone Bertazzo, Italy, 968.

SOCCER

ENGLAND

FA CUP

Fourth Round
Yesterday's results
Arsenal 2 Huddersfield 1
Fulham 4 Tottenham 0
Notts County 1 Manchester City 1
West Ham 3 Nottingham Forest 2
Wolverhampton 0 Stoke 1

FRANCE

LIGUE 1

Yesterday's results
Bordeaux 2 Nice 0
Monaco 0 Marseille 0
Nancy 1 Montpellier 2

GERMANY

BUNDESLIGA

Yesterday's results
Eintracht Frankfurt 0 Borussia Moenchengladbach 1
Stuttgart 0 Freiburg 1

ITALY

SERIE A

Yesterday's results
Brescia 0 Chievo Verona 3
Cagliari 2 Bari 1
Genoa 3 Parma 1
Inter Milan 3 Palermo 2
Juventus 1 Udinese 2
Lecce 1 Cesena 1
Napoli 4 Sampdoria 0
Bologna vs. AS Roma (ppd.)

SCOTLAND

LEAGUE CUP

Semifinal
Yesterday's result
Rangers 2 Motherwell 1

PREMIER LEAGUE

Yesterday's result
Dundee United 3 Hibernian 0

SPAIN

LA LIGA

Yesterday's results
Atletico Madrid 0 Athletic Bilbao 2
Espanyol 0 Villarreal 1
Osasuna 1 Real Madrid 0

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	5	4	1	.800	62	50	—
Philadelphia	5	3	2	.600	46	45	1
Buffalo	4	2	2	.500	38	38	1½
Rochester	4	2	2	.500	38	48	1½
Boston	6	3	3	.500	55	46	1½

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Minnesota	4	3	1	.750	46	37	—
Calgary	6	4	2	.667	71	69	—
Washington	5	2	3	.400	59	64	1½
Colorado	4	1	3	.250	39	41	2
Edmonton	5	0	5	.000	44	59	3½

Week Four
Saturday's results
Calgary 12 Edmonton 11 (OT)
Toronto 8 Buffalo 5
Boston 16 Rochester 7
Minnesota 11 Washington 10 (OT)
Philadelphia 12 Colorado 11
Friday's results
Calgary 15 Edmonton 11
Philadelphia 11 Boston 5

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia
Men
Championship
Novak Djokovic (3), Serbia, def. Andy Murray (5), Britain, 6-4, 6-2, 6-3.
Doubles Mixed Championship
Katarina Srebotnik, Slovenia, and **Daniel Nestor (2), Toronto,** def. Chan Yung-jan, Taiwan, and Paul Hanley, Australia, 6-3, 3-6, 10-7 tiebreak.

SKIING

MEN'S SUPER-COMBINED

At Chamonix, France
Yesterday's results
(downhill run first, slalom second):
1. Ivica Kostelic, Croatia, 2 minutes, 57.12 seconds (2:02-47-54.65); 2. Natko Zrncic-Dim, Croatia, 2:57.63 (2:01.04-56.59); 3. Aksel Lund Svindal, Norway, 2:57.65 (2:00.05-57.60) **Also: 29. Benjamin Thomsen, Ivermere, B.C., 3:04.50 (2:03.01, 1:01.49).**
World Cup Super-Combined Standings
(After three of four events)
1. Ivica Kostelic, Croatia, 300 points; 2. Silvan Zurbriggen, Switzerland, 143; 3. Kjetil Jansrud, Norway, 132
Overall World Cup Standings
(After 25 events)
1. Ivica Kostelic, Croatia, 1,178 points; 2. Silvan Zurbriggen, Switzerland, 703; 3. Didier Cuche, Switzerland, 673

SKI JUMP

At Willigen, Germany
Large Hill
1. Severin Freund, Germany, 289.1 points (143.5 metres-139.0 metres); 2. Martin Koch, Austria, 286.9 (141.5-140.5); 3. Simon Ammann, Switzerland, 284.5 (143.0-140.5)
World Cup Standings
1. Thomas Morgenstern, Austria, 1,434 points; 2. Simon Ammann, Switzerland, 1,013; 3. Andreas Kofler, Austria, 930

SPEEDSKATING

WORLD CUP

At Moscow
Men
1,000
1. Stefan Groothuis, Netherlands, 1 minute, 08.82 seconds; **2. Denny Morrison, Fort St. John, B.C., 1:09.57;** 3. Mikael Flying-Larsen, Norway, 1:09.65; 4. Aleksey Yesin, Russia, 1:09.82; 5. Matteo Anesi, Italy, 1:09.90; **Also: 9. Philippe Riopel, Lachenaie, Que., 1:10.18**
World Cup 1,000 Standings
(After seven of eight races)
1. Stefan Groothuis, Netherlands, 430; 2. Lee Kyou-hyuk, South Korea, 402; 3. Shani Davis, U.S., 380; 4. Simon Kuipers, Netherlands, 330; **5. Denny Morrison, Fort St. John, B.C., 291.**
Team Pursuit
1. Russia (Ivan Skobrev, Pavel Baynov, Aleksandr Rumyantsev), 3:43.71; 2. Norway (Havard Bokko, Mikael Flygind-Larsen, Sverre Lunde Pedersen), 3:46.68; 3. Germany (Patrick Beckert, Marco Weber, Robert Lehmann), 3:47.15; **4. Canada, 3:47.17**
World Cup Team Pursuit Standings:
1. Norway, 270; 2. Russia, 250; 3. U.S., 232. **4. Canada, 220;** 5. Germany, 174.
Women
1,000
1. Christine Nesbitt, London, Ont., 1:15.59; 2. Ireen Wust, Netherlands, 1:15.94; 3. Heather Richardson, U.S., 1:16.18 **Also: 7. Brittany Schussler, Winnipeg, 1:16.71**
World Cup 1,000 Standings
(After seven of eight races)
1. Heather Richardson, U.S., 560; **2. Christine Nesbitt, London, Ont., 500;** 3. Nao Kodaira, Japan, 339
Team Pursuit
1. Netherlands (Marrit Leenstra, Diane Valkenburg, Ireen Wust), 3:01.13; 2. Norway (Ida Njatun, Mari Hemmer, Hege Bokko), 3:03.02; 3. Germany (Stephanie Beckert, Isabell Ost, Jennifer Bay), 3:04.11; 4. Russia, 3:06.53; **5. Canada, 3:07.02**
World Cup Team Pursuit Standings:
1. Netherlands, 300; 2. Germany, 250; 3. Norway, 250; 4. Russia, 220; **5. Canada, 175.**

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	36	11	.766	—
d-Chicago	33	14	.702	3
d-Miami	33	14	.702	3
Orlando	31	17	.646	5½
Atlanta	30	18	.625	6½
New York	24	22	.522	11½
Philadelphia	21	26	.447	15
Charlotte	20	26	.435	15½
Milwaukee	19	26	.422	16
Indiana	17	27	.386	17½
Detroit	17	30	.362	19
New Jersey	14	34	.292	22½
Washington	13	33	.283	22½
Toronto	13	35	.271	23½
Cleveland	8	39	.170	28

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	40	7	.851	—
d-L.A. Lakers	33	15	.688	7½
Dallas	31	15	.674	8½
New Orleans	31	17	.646	9½
d-Oklahoma City	30	17	.638	10
Denver	28	19	.596	12
Utah	28	19	.596	12
Portland	25	22	.532	15
Memphis	24	24	.500	16½
Phoenix	21	24	.467	18
Houston	22	27	.449	19
Golden State	19	27	.413	20½
L.A. Clippers	18	28	.391	21½
Sacramento	12	33	.267	27
Minnesota	11	36	.234	29

d-division leader
Yesterday's results
Miami 108 Oklahoma City 103
Boston 109 L.A. Lakers 96
Orlando 103 Cleveland 87
Philadelphia 110 Denver 99
Detroit at New York
New Orleans at Phoenix
Utah at Golden State
Saturday's results
Chicago 110 Indiana 89
Memphis 107 Washington 93
Minnesota 103 Toronto 87
Dallas 102 Atlanta 91
Milwaukee 91 New Jersey 81
San Antonio 108 Houston 95
Sacramento 102 New Orleans 96
L.A. Clippers 103 Charlotte 88
Tonight's games
(All times Eastern)
Toronto at Indiana, 7 p.m.
Denver at New Jersey, 7 p.m.
Cleveland at Miami, 7:30 p.m.
Orlando at Memphis, 8 p.m.
Washington at Dallas, 8:30 p.m.
Charlotte at Utah, 9 p.m.
Milwaukee at L.A. Clippers, 10:30 p.m.
Tomorrow's games
Washington at New Orleans, 8 p.m.
San Antonio at Portland, 10 p.m.
Boston at Sacramento, 10 p.m.
Houston at L.A. Lakers, 10:30 p.m.

CURLING

BDO CLASSIC CANADIAN OPEN

At Oshawa, Ont.
Yesterday's result
Championship
Mike McEwen 5 Glenn Howard 4 (extra end)

NFL

PRO BOWL

Last night's result
All times Eastern
At Honolulu
AFC vs. NFC

SUPER BOWL XLV

Sunday, Feb. 6
At Arlington, Texas
Pittsburgh (AFC) vs. Green Bay (NFC), 6:30 p.m.

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Arsenal wins short-handed

Cesc Fabregas converted a penalty with four minutes remaining to edge 10-man Arsenal past third-tier side Huddersfield 2-1 in a FA Cup fourth-round match at the Emirates Stadium yesterday.

Peter Clarke deflected Nicklas Bendtner's shot into his own net to put Arsenal ahead in the 21st minute but the hosts lost playmaker Samir Nasri to a hamstring injury and centre back Sebastien Squillaci to a red card before half-time.

Alan Lee's header in the 66th drew Huddersfield level before Fabregas' winner.

Premier League leader Manchester United advanced to the last 32 by beating Southampton 2-1 Saturday, while Chelsea drew 1-1 at Everton.

THE ASSOCIATED PRESS

SANG TAN/THE ASSOCIATED PRESS

▶Arsenal's Cesc Fabregas, second right, celebrates his penalty goal yesterday against Huddersfield.

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- "ANY ILLNESS HAS HEALING"

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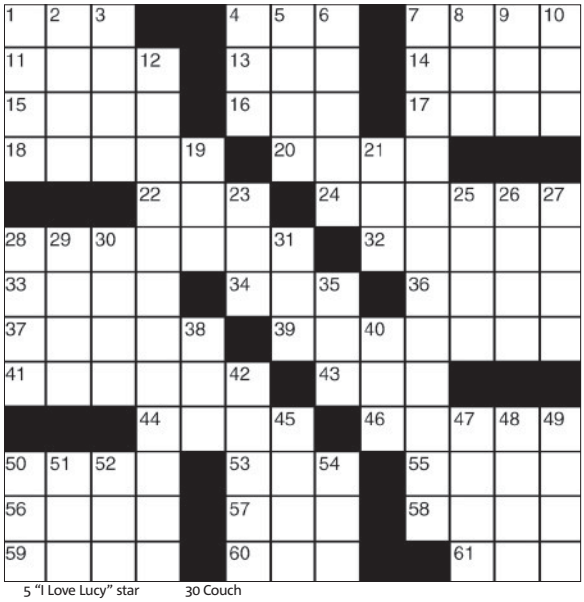
Crossword



Across

1 Humpty Dumpty, e.g.
4 Recede
7 Stroller
11 Let fall
13 Pitch
14 Emana-tion
15 Comical Carvey
16 Cassius Clay, now
17 Foot fraction
18 Follows orders
20 Lascivi-ous
22 Help
24 Under-stand
28 Self-indulgent spender
32 Cohort of Brahma and Vishnu
33 Owl's call
34 Auction offer
36 Always
37 Draw a conclusion
39 Clothing fasteners
41 Villainous sort
43 Luau bowlful
44 Frog's cousin
46 — salts
50 Likely name for a poodle
53 Showbiz job
55 Otherwise
56 Hodge-podge
57 Deposit
58 Charac-terization
59 Singer Campbell
60 Shady tree
61 Stir-fry pan

Down

1 Taro root
2 Snatch
3 Vanished
4 Greek vowel
5 "I Love Lucy" star
6 Concise
7 Bore an expense
8 Scoot
9 Curved line
10 — -jongg
12 "Listen up!"
19 Madam's counterpart
21 Existed
23 Society newcomer
25 Bees' home
26 Finished
27 Fourth planet
28 Caprice
29 Top-notch
30 Couch
31 Claiborne of fashion
35 Quick swim
38 — de Janeiro
40 "The Raven" writer
42 American bird
45 Rotary phone feature
47 Time-consuming
48 Norway's capital
49 Timid
50 Visibility hindrance
51 Under the weather
52 "Curse you!"
54 Phys. ed. venue

▶ Yesterday's answer

Y	E	A	T	S		R	C	A		M	A	P		
A	T	S	E	A		I	A	M		A	N	I		
P	A	P	E	R		A	S	P	I	R	I	N		
		E	N	G	E	L	S		T	I	M	E		
A	B	C		E	X	T		A	H	E	A	D		
N	U	T	S		C	O	B	R	A					
A	S	S	U	M	E		O	S	C	A	R	S		
			B	E	L	O	W		A	S	I	S		
P	A	N	T	S		F	E	W		P	O	T		
R	E	A	L		A	F	R	E	S	H				
A	S	P	E	R	S	E		A	P	A	C	E		
D	O	E		P	I	N		V	A	L	U	E		
O	P	S		M	A	D		E	S	T	E	E		

Sudoku

			8		4			
	2	7	3		1	4	5	
	6	5				1	8	
			6		3			
3								7
			4		2			
	4	9				7	1	
	8	2	1		6	9	3	
			7		5			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	9	2	8	5	1	3	4	7
8	5	3	4	7	9	6	1	2
4	1	7	2	6	3	9	8	5
2	4	6	5	3	7	1	9	8
9	8	5	1	4	2	7	3	6
3	7	1	9	8	6	5	2	4
1	6	8	7	9	4	2	5	3
5	3	9	6	2	8	4	7	1
7	2	4	3	1	5	8	6	9

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Show some love! Send a note to somebody special at kiss@metronews.ca

My Dew Hunnie... We've been together for a 100 days now, and if this is what it's like to be in love you with you, then you have to be stay with me forever cause baby I loved every moment of it for the past 100 days. I love you, and I always will. **FROM YOUR LAWYER S2**

Melinda, Happy 7th wedding anniversary!! Hope that we stay 2gether 4ever. You're the sexiest wife ever & you're always on my mind. Love your sexy smile and I enjoy being married to you Thanks for making me happy. Love Always & 4ever. **MARC XOXO**

Francesca, you are my light, my life, my everything! Thanks for supporting me through the rough times and for always being there for me! I love you and I can't imagine being with anyone else but you. Happy one month! Love, **"CARL"**

Today -9°/-10° Variable
Tuesday -8°/-12° Light snow 80%
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 The most important thing this coming week is that you do only what you are good at. No matter how many other things may be going on in the world, focus your attention on one thing only.

♉ Taurus April 21-May 21 Let other people have the last word today, especially on the work front where colleagues and employers are likely to be a bit argumentative.

♊ Gemini May 22-June 21 Others will go out of their way to pick holes in your arguments today – but that's okay because you'll simply ignore them.

♋ Cancer June 22-July 22 Resist the temptation to look at the world you inhabit as a "bad" place – it's not. Some people can be very negative in their outlook but on every scale that matters the world is getting better by the day.

♌ Leo July 23-Aug.23 Check the small print before putting pen to paper today because someone could be trying to trick you into believing that you are getting a really good deal when, in fact, you will end up losing out.

♍ Virgo Aug. 24- Sept. 22 Make sure that what someone is trying to get you interested in is worth the investment of time and energy you will be required to make.

♎ Libra Sept. 23-Oct. 23 Cosmic activity in your fellow Air sign of Aquarius will fill your head with big ideas over the next few days but not all of those ideas will be practical, so don't get carried away.

♏ Scorpio Oct. 24-Nov. 22 A friend or work colleague may be a bit hurtful in some of the things they say but don't take it to heart.

♐ Sagittarius Nov. 23-Dec. 21 You have nothing to prove and everything to look forward to, so stop fretting that you are on the wrong track because you are heading in exactly the right direction.

♑ Capricorn Dec. 22-Jan. 20 You may be suspicious that certain people are being supportive of you now, especially as they have been so negative in the recent past, but don't be too distrustful.

♒ Aquarius Jan. 21-Feb. 18 Your current run of good fortune shows no signs of coming to an end. On the contrary, the closer you get to Thursday's new moon the more you will be convinced that you cannot possibly lose.

♓ Pisces Feb. 19-March 20 At this time of year more than most you tend to see enemies at every turn but few if any of them exist outside your imagination, so get a grip on yourself and start getting things done. ● **SALLY BROMPTON**

Caption contest

JOHN LEYBA/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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$20,149 WELL EQUIPPED FROM*
- 3,250 CASH PURCHASE DISCOUNTΩ
$16,899 CASH PURCHASE PRICE^
FREIGHT AND FEES INCLUDED

2.0 SL model shown▲
www.nissan.ca/sentra

CITY: 7.6L/100KM (37 MPG) HWY: 5.7L/100KM (50 MPG)▲▲

2011
ALTIMA 2.5 S, CVT

$26,899 WELL EQUIPPED FROM*
- 4,900 CASH PURCHASE DISCOUNTΩ
$21,999 CASH PURCHASE PRICE^
FREIGHT AND FEES INCLUDED

3.5 SR model shown▲
www.nissan.ca/altima

CITY: 8.7L/100KM (32 MPG) HWY: 6.0L/100KM (47 MPG)▲▲

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1% PREFERRED CUSTOMER RATE REDUCTION. AVAILABLE TO ELIGIBLE RETURNING CUSTOMERS▪

*The Nissan Employee Pricing Event is only in effect between January 28th, 29th and 31st and refers to A-Plan pricing ordinarily available to Nissan employees and excludes any negotiated bonuses or other special Incentives that employees may receive from time to time. Employee Pricing is available on the purchase of new 2011 Versa Hatchback, Sentra and Altima Sedan models. The vehicle must be sold during the event period. Employee discounts are calculated on based on MSRP before freight and fees. ^Prices are based on 2011 Versa Hatchback 1.8 S (B5LG71 BN00)/Sentra 2.0 (C4LG11 BN00)/Altima 2.5 S (T4RG11 AE00) before Cash Purchase Discount. Freight and PDE charges, air-conditioning tax ($100), certain fees where applicable (ON: $5 OMVIC fee and $29 tire stewardship fee) are included. ΩCash purchase discount is available on cash purchases and is deducted from the starting price shown before taxes and is based on non-stackable trading dollars and varies by model. Price reductions are reflected in the cash purchase price shown. See dealer for details. ^$15,499 Cash Purchase Price for a new 2011 Versa Hatchback 1.8 S (B5LG71 BN00), automatic transmission/$16,899 Cash Purchase Price for a new 2011 Sentra 2.0 (C4LG11 BN00), CVT transmission/$21,999 Cash Purchase Price for a new 2011 Altima Sedan 2.5 S (T4RG11 AE00), CVT transmission. Cash Purchase Discount ($2,950/$3,250/$4,900), freight and PDE charges ($1,397/$1,397/$1,530), air-conditioning tax ($100), certain fees where applicable (ON: $5 OMVIC fee and $29 tire stewardship fee) are included in Cash Purchase Prices. License, registration, insurance and applicable taxes (including excise tax and fuel conservation tax, if applicable) are extra. Finance offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers. Retailers are free to set individual prices. ▲Models shown $17,415 Selling Price for a new 2011 Versa Hatch 1.8 SL (B5RG11 AE00), automatic transmission/$21,465 Selling Price for a new 2011 Sentra 2.0 SL (C4TG11 AA00), CVT transmission/$28,845 Selling Price for a new 2011 Altima Sedan 3.5 SR (T4SG11 AA00), CVT transmission. Cash Purchase Discount ($2,950/$3,250/$4,900), freight and PDE charges ($1,397/$1,397/$1,530), air-conditioning tax ($100) and certain fees where applicable (ON: $5 OMVIC fee and $29 tire stewardship fee) are included. License, insurance, registration, and other applicable taxes (including excise taxes and fuel conservation tax, where applicable) are extra. Dealer order/trade may be necessary. Offer is for a limited time, may change without notice and cannot be combined with any other offers. All prices are subject to change without notice. Retailer may sell for less. ▲▲Actual mileage may vary with driving conditions - use for comparison only. ▪Preferred Customer Program: If you currently lease or finance your Nissan vehicle through us, you may already be pre-approved to lease or finance your next new Nissan model. 1% Preferred Customer Reduction currently available on the 2011 Sentra, Rogue, Maxima, Altima (except Hybrid) and Murano models. Please contact your Nissan Dealership for Nissan Canada Finance pre-approval terms and eligibility. Incentive program rate adjustments cannot reduce the lease or finance rate below 0.0%.

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